

# High School

## Complete Meal Price

MONDAY	29-May-17		
ENTREE		3 oz 3 oz	
POTATO		.5 c	
Rice			
VEGETABLE		.5 c	
BREAD		2 oz 2 oz	
TUESDAY	30-May-17		
ENTREE		Hot Dogs 3 oz Fried Chicken 3 oz	
POTATO		French Fries .5 c	
Rice			
VEGETABLE		Corn .5 c	
BREAD		WG Hot Dog Rolls 2 oz WG Dinner Rolls	
WEDNESDAY	31-May-17		
ENTREE		Chicken w/ Artichokes and 3 oz Roasted Red Peppers 3 oz Tortellini Alfredo	
Potato		Roasted Potatoes .5 c	
VEGETABLE		Broccoli and Cauliflower .5 c	
BREAD		WG Dinner Rolls 2 oz	
THURSDAY	01-Jun-17		
ENTREE		Stuffed Shells 3 oz Meatballs 3 oz	
Potato		Oven Brown Potatoes .5 c	
VEGETABLE		Peas and Carrots .5 c	
BREAD		WG Dinner Rolls 2 oz	
FRIDAY	02-Jun-17		
ENTREE		Pizza 3oz g/2 oz ch Flounder 3 oz	
POTATO		Escalloped Potatoes .5 c	
VEGETABLE		Mixed Veg .5 c	
BREAD		WG Dinner Rolls 2 oz	

Students: \$3.00

Faculty: \$3.50

1 entrée, veg., potato, bread,  
and low fat white or chocolate milk

### From the Deli Station

Assorted Sandwiches are available every day

Turkey and Cheese or Italian (3 oz meat/cheese)

All Sandwiches come with lettuce and tomato

served on variety of breads, including

Whole Wheat, Whole Grain White, and Whole Grain Rye

Salads available every day, can be used as Veg

Garden - 1 c Romaine and Mesclun,

1/4 c Red Peppers, Carrots, Cucumbers

Caesar - 1 c Romaine, Croutons, and Parm Cheese

3 Bean - 1 c Kidney, Garbanzo, and Black Beans

Quinoa - 1 c Quinoa, Corn, Tomatoes, Black Beans

(3/4 c Corn/Tomatoes, 1/4 c Quinoa/Beans)

### Fruits

Apples, Oranges, Bananas

Fruit Cups (1 c)

### This Week's Vegetables

**Dark** Romaine, Mesclun  
Broccoli

**Red/Orange** Tomatoes, Carrots,

**Beans/Peas** Black, Kidney, Garbanzo  
Peas, Lima Beans

**Starchy** Potato, Corn

**Other** Cauliflower  
V-8

### Beverages

1% White Milk

Fat Free Chocolate Milk